

## HIGH SCHOOL CURRICULUM PROPOSAL

PROPOSED COURSE NAME Health II

OLD COURSE NAME (if applicable)

SUBMITTED BY Cathy Excell

Underline the Appropriate Item: New Course / Major revision to an existing course

Implementation Date: 2014-2015 school year

Person(s) who will write the Curriculum: Cathy Excell

Respond to the following:

Duration: Semester class

Open to: Juniors and seniors

Prerequisites: Sophomore health

Pass/Fail Option: Preferably a graded class

Credit: ½ credit

**If the course meets a graduation requirement, which one does meet?**

**This course is an elective**

**Where does this course fit into department sequence?**

This course is not only an extension of the traditional health class but an in depth study of various health topics

**What is the potential impact of this course on the other department offerings?**

This course should not impede on any current class offered at NBHS

**Course Description**

**This course will assist the student in obtaining accurate information, developing positive attitudes and behaviors and making wise decisions on their personal health. The topics include but not limited to nutrition, fitness, healthy and unhealthy relationships, drug, alcohol, tobacco, prescription drug use and abuse, mental health, and the environment and your health**

**Special Notes (i.e., extended periods, team teaching, etc.)**

None

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## RATIONALE, OBJECTIVES, STRATEGIES

### 1. Course Rationale

#### A) What is the evidence of student need for this course?

A one semester health class is not enough time to understand and learn the various health topics in sophomore health.

#### B) What departmental needs/goals would this course meet?

This is an elective course that would be beneficial to juniors and seniors who wish to delve deeper into their personal health and behaviors that will affect the rest of their lives.

#### C) What institutional needs/goals would this course meet?

This elective course gives upper classman one more opportunity to focus on the issues that matter to them

### 2. Course Objectives: What will each student learn and know?

1. Evaluate health decisions and actions that predict the immediate and long term impact on the individual, family and community.
2. Evaluate the short and long term consequences of safe, risky and harmful behavior to determine and practice ways to avoid and reduce threatening situations and harmful behaviors

### 3. What types of instructional strategies will be used in the class?

1. Class participation
2. Class discussion
3. In-class assignments
4. Projects (group and individual)
5. Current events that apply
6. Multi-media (videos, music, newspaper)
6. Class presentations

4. What types of student assessment procedures will be used? How will the assessment be used to guide instruction?

1. Journal entry
2. Daily assignments
3. Projects (group and individual)
4. Knowledge checks, quizzes and exams
5. Class presentations

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**5. List resources needed and approximate costs to implement this course. Include staff development, materials, textbooks, additional staff, equipment, technology resources, facilities, and fees.**

**I have a multitude of different assignments and projects that I cannot currently use in sophomore health due to time restrictions.**

**Include any additional information pertinent to your course.**

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